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visual approaches the touch method as regards the conscious factors that are involved. The details of the analysis for both methods are concerned with the way in which these different practice stages are developed, by 'short-circuiting' and elimination of conscious processes present at first, by changes in the direction and distribution of the attention, by the development of new ways of getting the copy, by the appearance, development and final disappearance of motor-tactual imagery for the individual stroke, for the small group of strokes, for syllables and words, and for larger groups.

The explanation of the characteristics of the practice curves brings into consideration a complex relationship of factors. The initial rapid rise in all curves is due to the fact that several lower order habits (ways of writing in the letter and the syllable and word association stages) are then developing together, and each more rapidly than later. Higher order habits (those involved in phrase and sentence writing) do not begin fully until the lower are fairly well developed. But the Bryan and Harter interpretation of plateaus is wrong in so far as it attributes them to a necessary and slow perfecting of the lower order habits before the higher can begin at all. These long plateaus occur towards the close of the syllable and word association stage, which may therefore be called a 'critical stage.' At this point the learner is very prone to do one of two things. Either he will (1) relax his effort and fall back to lower order habits of writing instead of pushing ahead; *i. e.*, he is 'caught' in the more or less fixed habits of this stage. Or, (2) he will assume a freedom and skill that he does not yet possess, will direct his effort to speed alone and take it from those processes that still require some conscious direction. In this lies the explanation of the long plateaus. The objective records and the pulse rate reinforce this explanation from the direct observations. High pulse rate always goes with great effort, but the effort may be wrongly directed (to speed alone), and result in a slow rate of writing. The latter was the case for the practice sentences and their plateaus at this stage of practice. For the regular writing from copy a constant high pulse rate is correlated with periods of several days or more of rapid rise in the curve, and a constant low pulse rate is correlated with the plateaus. The explanation for the smaller irregularities in the daily practice curves is more complex. In all cases, taking the attention entirely from processes that still need some conscious direction, or directing the effort to speed alone, results in many mistakes in writing and in 'education in error', which has to be unlearned again before further progress can be made. The effort is apt to be wrongly and inefficiently directed in this way on 'bad' days, at the beginning of each daily period of writing, and at other times when the learner becomes conscious that his rate of writing is low. Maximum effort counts only when the conditions, objective and subjective, for fast and correct writing are favorable. On the other hand, it is maximum effort alone under these favorable conditions that makes for progress in learning, establishes new 'short-circuits' and higher habits of writing.

The monograph is abundantly illustrated by quotations from the direct observations of the learners, by tables, curves and specimen drum records.

F. KUHLMANN.

Nervous and Mental Diseases, by A. CHURCH and F. PETERSON.

With 341 illustrations. Sixth edition, thoroughly revised. Philadelphia and London, W. B. Saunders Co., 1908. pp. 945. Price, \$5.00 net.

The fourth edition of this admirable text-book (1903) was noticed in Vol XV, p. 452, of the *Journal*. The fact that the work has passed

through six editions since its publication in 1899 is sufficient evidence that it is appreciated by the medical students and general practitioners for whom it is primarily intended.

As was pointed out in the notice of the earlier edition, a section of special interest to psychologists is the Review of Recent Problems in Psychiatry by Professor Adolf Meyer (pp. 662-700), which deals particularly with the work of Kraepelin, Ziehen and Wernicke. But apart from this, the book is a valuable addition to the working library of the psychologist.

The two sections have been written independently: that on Nervous Diseases (pp. 17-652) by Dr. Church, and that on Mental Diseases (pp. 653-916) by Dr. Peterson. "Each author has contributed to a single volume what might have been made a separate monograph." While this arrangement has its conveniences, the resulting volume is so heavy and unwieldy that it might, perhaps, be well to consider the publication of the seventh edition in two parts.

Mind and its Disorders, by W. H. B. STODDART. P. Blakiston's Son & Co., Philadelphia, 1909. 488 p.

This work seeks to give both student and practitioner a succinct account of our existing knowledge of mental diseases. The author would induce the reader to think untheoretically of mental processes, normal and morbid, his own work for twelve years being chiefly clinical research into the nature of nervous phenomena associated with mental disorders. In its first section, which deals with normal psychology, he seeks to correlate mental processes with their physical substrate in the nervous system, "the transcendental psychology of the modern school men being ignored as useless to the practical physician of to-day." In the second section, the psychology of the insane is treated in a similar manner. The classifications largely coincide with those of Kraepelin, although some of his nomenclature has been changed. The author has made free use of standard psychologies, and perhaps the chief feature of the book is precisely that of which the author himself evidently is most conscious, namely, the account of normal processes of sensations, perception, ideation, sleep, fatigue, sentiments, language, the ego, etc. In treating the psychology of the insane, he also follows a similar order, treating in sequence disturbances of sensation, perception, association, emotion, abnormalities of action and of judgment, or delusions. In the third part, on mental diseases, the chapters treat causation, physical stigmata, degeneration, intermittent and periodic insanities, the insistent psychoses, alcoholism, paranoia, psychæsthenia, neurasthenia, hysteria, troubles due to organic diseases, idiocy, visceral disease, combined psychosis, diseases to which the insane are peculiarly liable, case taking, feigned insanity, the relations of the insane to law, methods of studying the nervous system and cytological examinations of the cerebro-spinal fluid, etc. The author has nearly one hundred cuts, and perhaps this book might be called the most compendious and concentrated textbook now available. Personally we regret that the author does not deal more fully with the newer methods represented by Janet and Freud, Kraepelin from our point of view being intermediate between the old views and these, which seem to be the psychiatry of the future.

Les Nervoses, by PIERRE JANET. Ernest Flammarion, Paris, 1909. 394 p. (Bibliothèque de Philosophie scientifique.)

This work gives us a rapid *résumé* of the author's many studies during the last twenty years. As to each function, he describes and compares two groups of symptoms—hysterical and psychæsthenic. Thus among mental disorders we find fixed ideas of somnambulists